

Dear Parents,

I just wanted to take a moment to discuss the “Home Notes” I use with the school-wide “Stop & Think” discipline program.

The purpose of the Home Notes is two-fold. One purpose is to keep the line of communication between home and school open, for the benefit of your child, and the other is to monitor repetitive behaviors.

I ask that you use these Home Notes in a **positive** way, and as a “springboard” for discussion with your child.

“Home Notes” are not sent home as a punishment for the child. By the time it arrives home, they have already had their consequence or “Think time” at school (5 min. & 10 min. time outs) and therefore there is no need for further consequences at home.

Home Notes are for your information and to “discuss” with your child better choices, self-control and other related topics. Remember it is a communication tool between school and home.

This information allows you as a parent to monitor whether or not your child is showing “*normal development behaviors*” or if a pattern is developing.

For example: Johnny gets a “Stop & Think” from time to time but they are not consistent day after day and they are not for the same behaviors. In this case, there is no reason to be concerned or alarmed. Use the “Home Notes” as just that ... a note to keep you informed, not a note for punishment.

When to be concerned and contact the teacher... If your child receives a “Home Note” two to three times a week, for a week or two, **or** when the problems are generally the same.

For example: Johnny brings a “Home Note” home 3 times in 1 week and each day the “Home Note” says, “Not keeping hands to self” or “hurting others”. These behaviors are similar and a pattern **is** developing.

This is when we should talk on the phone or meet in person to decide together what we can do to help Johnny break the potential habit that is forming. Working as a team we will help shape the **positive** behavior characteristics of your child, while “minimizing” potential problems here at school by dealing with them in a timely manner.

Again, do not punish your child at home if and when a note comes home, rather discuss the “Home Note” and use a **positive approach** during the discussion to help them problem solve a better approach.

Please keep in mind that your child’s version of what happen often does not contain full details of a situation concerning comments, who was involved etc... it is normal for a child to leave out parts which may or may not affect the outcome of their version.

Feel free to call or come in if you would like to know more about a situation. This often alleviates frustration and miscommunication between home and the classroom. I am willing to explain what has happened as I understand it, and discuss it together.

An easy way to help a child break an undesirable behavior, is to discuss the

behavior as soon as possible, but **reward** them when it **does not occur**. Use your monthly calendar, and place a star or smiley face on each day that your child receives **no** Stop & Thinks at school.

Discuss why they had a good day and plan how they can have a good one the next day. Set a Goal: this will vary depending on the child, but it could be set up so they can earn a special trip with mom/dad for an ice cream cone, if they can have 8 days of no Stop & Thinks out of 10 days of school. Vary the rewards and always praise their good behavior!

I feel by having your child report their “Stop & Thinks” to you, it benefits them. It helps them to know that you, as a parent, are involved with them and the teacher.

Our teamwork, helps them to have a successful year and to learn from their mistakes. We as adults know, although not an easy thing to do, we generally learn from our mistakes!

I look forward to working with your child in the coming year. We have fun learning and growing together. I often learn as much from the class as they learn from me!

Sincerely,

Mrs. D. Bennett

*So that you are familiar with the appearance of a “Home Note”, please sign the attached **sample** “Home Note” and have your child return it to school for a reward.